



Mental Health Awareness Week Toolkit



The focus of Mental Health Awareness Week is to raise awareness about mental health and mental illness, challenge stigmas and misconceptions surrounding mental health issues, and offer support and resources to individuals affected by mental illness or those who support them.

The Arkansas Department of Education has created a toolkit to help schools organize activities. This toolkit offers various resources, including ideas for schoolwide activities, materials for students, parents, and teachers, and a scripted presentation designed to educate students on mental health awareness.

For Districts:

(school counselors, mental health staff)

[Mental Health Awareness Interactive Presentation](#)

[Weeklong Celebration Ideas](#)

[Elementary Resources](#)

[Secondary Resources](#)

[Social Media Resources](#)

[School Staff Education](#)

For Parents/Caregivers:

[Signs of Stress and Anxiety in Youth](#)

[988 Suicide and Crisis Lifeline: English](#)

[988 Suicide and Crisis Lifeline: Spanish](#)

For additional support, please contact:

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